MICHIGAN STATE UNIVERSITY EXTENSION
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Healthy Bites

Information To Improve the Selection and Use Of Foods In Your Home

Volume XXXI

Milk—Health Benefits and Nutrients

We are all familiar with the saying "Milk—It does a body good. So let's look at the basis for that saying. Consuming milk and milk products provides health benefits—people who have a diet rich in milk and milk products can reduce the risk of low bone mass throughout the life cycle. Foods in the milk group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D and protein.

Diets rich in milk and milk products help build and maintain bone mass throughout the lifecycle. This may reduce the risk of osteoporosis. The intake of milk products is especially important to bone health during childhood and adolescence, when bone mass is being built. Calcium is used for building bones and teeth and in maintaining bone mass. Milk products are the primary source of calcium in American diets. Diets that provide 3 cups or the equivalent of milk products per day can improve bone mass. Diets rich in potassium may help to maintain healthy blood pressure. Milk products, especially yogurt and fluid milk, provide potassium. Vitamin D functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Milk that is **fortified with vitamin D** is a good source of this nutrient. Other sources include vitamin D-fortified yogurt and vitamin D-fortified ready-to-eat breakfast cereals.

Milk products that are consumed in their low-fat or fat-free forms provide little or no solid fat. Why is it important to make fat-free or low-fat choices from the milk group? Choosing foods from the milk group that are high in saturated fats and cholesterol can have health implications. Diets high in saturated fats raise "bad" cholesterol levels in the blood. It is important to note that **all milk** regardless of fat content contains vitamin D, as labeled vitamin D fortified. This means that whole milk, 2%, 1% and skim milk contain vitamin D.

Source: www.mypyramid.gov

Word Wise

Fortified with vitamin D

Vitamin D functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Milk that is fortified with vitamin D is a good source of this nutrient.

It is important to note that **all milk** regardless of fat content contains vitamin D, as labeled vitamin D fortified. This means that whole milk, 2%, 1% and skim milk contain vitamin D.

Check the Label

Compare the nutritional information on these two labels. Serving size, vitamin and mineral content is the same. The only difference is the amount of fat in each 1 cup serving. Milk products that are consumed in their low or fat free forms still provide the required nutrients for a healthy diet.

REDUCED FAT MILK (2% Milkfat)

Nutrition Facts
Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving	
Calories 120	Calories from Fat 45
	%Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11mg	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

CHOCOLATE NONFAT MILK

Nutrition Facts
Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving	
Calories 80	Calories from Fat 0
	%Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11mg	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

As Food and Nutrition Extension Educator I welcome your thoughts and ideas for upcoming issues of *Healthy Bites*.
Contact me at 586-469-6432 or haramin2@msu.edu. Thank you. —Eileen Haraminac

Tips for making wise choices

- Include milk as a beverage at meals. Choose fat-free or low-fat milk.
- If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).
- If you drink cappuccinos or lattes—ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals
- Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
- Have fat-free or low-fat yogurt as a snack.
- Make a dip for fruits or vegetables from yogurt.
- Make fruit-yogurt smoothies in the blender.
- For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.
- Top cut-up fruit with flavored yogurt for a quick dessert.
- Top casseroles, soups, stews, or vegetables with shredded low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.

Keep it safe to eat

- Avoid raw (unpasteurized) milk or any products made from unpasteurized milk.
- Chill (refrigerate) perishable food promptly and defrost foods properly. Refrigerate or freeze perishables, prepared food and leftovers as soon as possible. If food has been left at temperatures between 40° and 140° F for more than two hours, discard it, even though it may look and smell good.
- Separate raw, cooked and ready-to-eat foods.

For those who choose not to consume milk products

- If you avoid milk because of lactose intolerance, the most reliable way to get the health benefits of milk is to choose lactose-reduced or low-lactose alternatives within the milk group, such as cheese, yogurt, or lactase-treated milk, or to consume the enzyme lactase before consuming milk products.
- Calcium choices for those who do not consume milk products include
  - Calcium fortified juices, cereals, breads, soy beverages, or rice beverages
  - Canned fish (sardines, salmon with bones) soybeans and other soy products (soy- based beverages, soy yogurt, tempeh), some other dried beans, and some leafy greens (collard and turnip greens, kale, bok choy). The amount of calcium that can be absorbed from these foods varies.

Source: www.mypyramid.gov

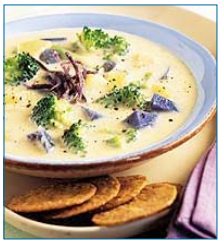
Five tips for raising kids who eat well

1. **Snack time is as important as mealtime**. Toddlers are only able to eat a small amount at once, so many of their nutrients come from snacks. Swap cookies, chips and crackers for fresh fruit and cheese.
2. **Add foods—don't take away.** Suddenly cutting every "bad" snack from your child's diet will make him or her feel deprived. Slowly introduce healthy alternatives, instead.
3. **Variety is the spice of life.** The earlier you introduce children to a variety of foods, the more likely they will be to consume a varied diet as they grow. Don't force one specific food, but offer a variety of healthy options to choose from.
4. **Set a good example.** Exude enthusiasm toward eating a variety of healthy foods, and don't use stress as an excuse to choose otherwise. Parents who eat well are the ones who have energy to keep up with their kids.
5. **If at first you don't succeed….**If your child refuses to eat certain food, keep trying. Studies show that children often need to confront a new food up to eight-15 times before deciding to try it.

Source: Underage & Overweight by Frances Berg, Hatherleigh Press

** EASY CREAM OF POTATO BROCCOLI SOUP **

Ingredients



- 1/2 Cup onions diced
- 2 Tbsp. vegetable oil
- 1 Can undiluted (10 1/2 oz.) chicken broth
- 1 Box chopped frozen broccoli (10 ounce) thawed
- 1 Cup instant mashed potato flakes
- 1 Can evaporated milk (13 ounces)

In medium size saucepan over medium heat sauté diced onions and chopped broccoli in oil until wilted. Add broth; bring to full rolling boil. Remove from heat; whisk in potato flakes, evaporated milk and pepper. Cover and chill or return to saucepan and heat through.

Makes 4 servings.

Note: For smoother chilled soup, puree chilled base in blender or food processor; thinning it with small amounts of chicken broth or water.

Per serving: 156 cal, 4 g prot, 196 mg sod, 17 g carb, 8 g fat, 0 mg chol, 65 mg calcium

Source: Recipesource.com

While You're Pregnant

What Is Foodborne Illness? | Listeria |

What Is Foodborne Illness?

You might have heard about foodborne illness outbreaks in the news, for example, caused by *E. coli* O157:H7 or *Listeria*. Often referred to as "food poisoning," it's a sickness that occurs when people eat or drink harmful microorganisms (bacteria, parasites, viruses) or chemical contaminants found in some foods or drinking water.

"Why should I be concerned about foodborne illness?"

You are at particularly high risk for foodborne illness because your immune system is weakened during pregnancy. This is a natural condition, which helps you and your baby get along with each other. However, this weakness also makes it harder for your body to fight off harmful foodborne microorganisms. Your unborn baby is also at high risk because the baby's immune system is not developed enough to fight off harmful foodborne microorganisms.

"What are the symptoms of foodborne illness?"

Symptoms vary, but in general, a person might get sick to their stomach, vomit, or have diarrhea. Sometimes foodborne illness is confused with the flu because the symptoms can be flu like with a fever, headache, and body aches.

"How soon can foodborne illness symptoms appear?"

Eating a contaminated food will usually cause illness in one-to-three days, but sickness can also occur as soon as *20 minutes* after ingestion... or as long as six weeks later. Exposure to some metals, such as methylmercury, may take months before any effects are seen because the mercury levels in the body may take time to build up.

"What should I do if I experience symptoms of foodborne illness?"

Check with your doctor or health-care provider immediately. And, if you become ill after eating out, also call your local health department, so the department can investigate to see if there's a serious foodborne illness outbreak in the area.

"How serious can foodborne illness be for me?"

Foodborne illness during pregnancy can cause serious health problems, miscarriage, premature delivery, or even death of the mother. Different microorganisms or chemical contaminants can affect the mother and fetus or newborn in a variety of ways. For example, sometimes foodborne illness can make the mother sick, leaving her exhausted and dehydrated. Other times the symptoms are absent or so mild that the mother doesn't even know that she's been infected, but she's still passing the infection to her unborn child - who may then experience serious effects from the illness.

"How can foodborne illness affect my baby?"

Harmful foodborne microorganisms or some metals in food can cross the placenta and infect the developing fetus. As a result, the infected fetus or newborn can experience a wide range of health problems - or even death. But, read on... this Web site shows you how to protect your baby.

"What's the general treatment for foodborne illness?"

A doctor may perform a blood test. Maintaining hydration is an important part of the treatment, especially if the mother is vomiting or has diarrhea. Antibiotics that are safe to use during pregnancy may be prescribed by a doctor to get rid of the mother's infection. In most cases, the antibiotics also prevent infection of the fetus or newborn. Antibiotics may also be given to babies who are born with foodborne illness.

"How can I prevent foodborne illness?"

Preventing foodborne illness is really quite easy. In fact, you and your whole family should continue good food safety practices even after the baby is born!

Start with these 4 Simple Steps:

Step 1
CLEAN
Wash hands and surfaces often.

Step 2
SEPARATE
Separate, don't cross-contaminate.

Step 3
COOK
Cook to proper temperatures.

Step 4
CHILL
Refrigerate promptly.

Source: FDA Food Safety for Mom to be

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For more information or questions regarding food and nutrition, contact us!

MSU Extension - Food and Nutrition
21885 Dunham Road, Suite 12
Clinton Township, Michigan 48036
Phone: 586-469-6432